

# GET FIT WHERE YOU SIT

## YOGA



While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends.



### Robbins Recreation Center

512 S. Hargrave Street

Contact us at: **336.248.3960**

### Tuesday mornings

**April 5th—26th**

9:30 am—10:30am

\$36Resident \$44Non-Resident

### Friday mornings

**April 8th—29th**

10:30am—11:30am

\$36Resident \$44Non-Resident

Register now at [www.LexingtonNC.gov](http://www.LexingtonNC.gov)

**Registration ends Monday, April 4th (Tues. Class) & Thursday, April 7th (Fri. Class)**

For information on additional classes email: [tbcurry@LexingtonNC.gov](mailto:tbcurry@LexingtonNC.gov)

Adult Chair Yoga is a gentle yoga class that uses a chair to sit or for support while practicing a wide range of yoga postures to bring strength and flexibility to the body. This class is appropriate for all levels.